



Water Fitness

ABOUT

These cardiovascular classes use both shallow and deep water to encourage continuous movement in the water for 45 minutes. Participant does not need to be a swimmer to take this class. Apparatus such as noodles, paddles, weights, water shoes and gloves may be used to add intensity. All ages and fitness levels welcome. Limited spaces available. Water Fitness is an on-going monthly program. Class fees are pre-paid monthly. For more information or to enroll, please call Kathy Ball at (573) 364-8534.

Must pre-register with Kathy Ball before taking class!

2-Day Class Fee: \$30 Non-Member/per month (\$5 Member Discount)

MON/WED:	8:00-9:00 AM	PN 510426
MON/WED:	9:00-10:00 AM	PN 510427
MON/WED:	10:00-11:00 AM	PN 510428

Add on 1-Day class Fee: \$15 per month

FRI:	9:00-10:00 AM	PN 510412
FRI:	10:00-11:00 AM	PN 510413

2-Day Class Fee: \$30 Non-Member/per month (\$5 Member Discount)

TUE/THURS:	8:00-9:00 AM	PN 510421
TUE/THURS:	9:00-10:00 AM	PN 510422



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